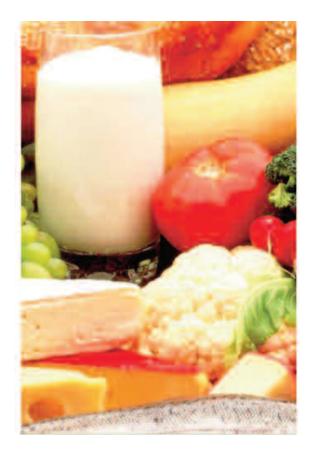
Opportunities:

- Learn how to implement the BodyWorks Toolkit into your program
- Learn how you can play a very important role to improve the health of families by providing basic knowledge on nutrition and healthy living
- Participants will receive a **BodyWorks** Toolkit
- Learn how to expand the program to include males
- Network with professionals interested in reducing obesity in Mississippi



Community Partners

American Cancer Society

American Heart Association

Boys and Girls Club

Children's Defense Fund

Delta Sigma Theta Sorority, Inc.

Dress For Success Metro Jackson

Girl Scouts of America

Jackson Medical Mall Foundation

Junior Auxiliary

Mississippi Department of Education

Mississippi State Department of Health

Mississippi Department of Human Services

Mississippi Division of Medicaid

Mississippi Valley State University

St. Dominic Hospital

Tougaloo College

University Medical Center, Center of Excellence for Women

Trainings facilitated through:



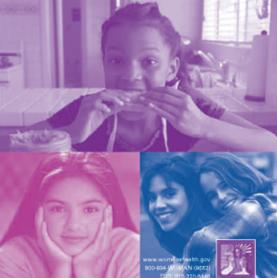
MISSISSIPPI STATE DEPARTMENT OF HEALTH

Office of Women's Health www.HealthyMS.com 1-800-721-7222 601-576-7856

Fax: 601-576-7825







MISSISSIPPI STATE DEPARTMENT OF HEALTH

www.HealthyMS.com 1-866-HLTHY4U

About **BodyWorks**

BodyWorks is a program designed to help parents and caregivers of young adolescent children (ages 9 to 13) improve family eating and activity habits. Using the **BodyWorks** Toolkit, the program focuses on parents and caregivers as role models and provides them the hands-on tools to make small, specific behavior changes to prevent obesity and help maintain a healthy weight.

The **BodyWorks** program uses a trainthe-trainer model to distribute the Toolkit through community-based organizations, state health agencies, non-profit organizations, health clinics, hospitals and health care systems. The program includes one six-hour training module for trainers. After the six hours, trainers will have the tools to go back into the community and teach ten 90-minute weekly sessions for parents and caregivers.

The Office of Women's Health, U.S. Department of Health and Human Services, developed **BodyWorks** following two years of formative research.

Each trained participant is expected to facilitate the **BodyWorks** program with at least one group of parents/caregivers, and train other trainers.

For more information, visit www.womenshealth.gov/bodyworks

Become a Trainer

BodyWorks trainers have varied backgrounds: health educators at state, community or health system level, community leaders, school nurses, Girl Scout leaders, work-site wellness program coordinators, and others. Individuals are trained in a one-day session (9 am – 3:30 pm) to implement the program and learn to train others to do the same. A very basic knowledge of nutrition and healthy living with a commitment to improving the health of families are the only requirements.

The program cycle averages two to four months, depending on community needs and resources.

Registration is free and seating is limited Registration will be accepted on a first-come-first-served basis. The deadline is one week prior to the specific training date. Registration confirmation will include training site location and details. Register online at www.HealthyMS.com: click events and then BodyWorks.

Select One

Friday, January 15, – Jackson, Mississippi Saturday, January 23, – Jackson, Mississippi Wednesday, February 10, – Jackson, Mississippi Thursday, March 11, – Jackson, Mississippi Friday, March 19, – Jackson, Mississippi Friday, April 16, – Jackson, Mississippi Thursday, May 13, – Jackson, Mississippi Friday, June 11, – Jackson, Mississippi

Location

Mississippi State Department of Health Alton B. Cobb Auditorium, Osborne Building 570 East Woodrow Wilson Jackson, Mississippi

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					BodyWorks Training	Mississippi state Department of Health Office of Women's Health	Post Office Box 1700	Jackson, i lississippi 37213-1700	rax: 601-376-7623 E-mail: louisa.denson@msdh.state.ms.us
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